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SHU reacts to Fairfield U trauma

By Aimie Likens
Copy Editor

The events of February 12 at Fairfield University when Patrick Adam Arbelo, 24, held twenty-three people hostage in an academic building, have led to mixed reactions from Sacred Heart students.

It had been an uneventful day at Sacred Heart University until rumors of terrorism at Fairfield U started circulating the campus.

Just seven miles from SHU, Arbelo interrupted a religious studies course led by Dr. Elizabeth Dreyer on the second floor of FU's Canisius Hall.

The course, "Voices of Medieval Women," had 22 students in attendance. Arbelo entered the room yielding a box in his left hand, covered in duct tape with wires coming out of it.

While most Sacred Heart students heard about the incident from the news and by word of mouth, most were within the confines of the SHU campus.

An issue of safety has once again become a topic of scrutiny.

After the events of 9/11, the campus was shut down for the day.

After the events last

Tuesday, things continued on like normal.

Suzanne Bastos, a sophomore from Naugatuck commented on the situation.

"It's a random thing. It can happen anywhere no matter what kind of precautions you take...but if you go around worrying about those kinds of things, you'll never enjoy life," Bastos said.

Other students feel that more precautions should have been taken, even if just to show the community that Sacred Heart was on alert. Alyssa Paolucci, a junior from Sudbury, MA, felt that the school had an obligation to make its students feel safe.

"They should have put Public Safety at the gate just as a precaution," said Paolucci.

However, junior Tom Ferguson from Manchester, felt safe on the SHU campus when he found out about the hostage situation.

"I wasn't scared for myself, but I was worried about my cousin who goes to Fairfield," he explained.

That afternoon, Arbelo had claimed he was in possession of a bomb, and made a request to have a prepared letter read on WCBS-TV, a New York television station. The statement, which has been labeled as "rambling and anti-Semitic," was not broadcast.

Arbelo gradually released the hostages over six hours,

and then finally surrendered to police in the seventh hour, around 11 p.m.

No hostages were harmed, but after being released paramedics treated one female hostage for anxiety.

Most students continue to feel safe despite of recent events. Trisha Labella, a junior from Port Chester, NY, explains, "yes, I feel safe—but it could happen anywhere." Labella went on to tell how her sense of security at SHU has been tested in the past.

"Last year my advisor came in [to school] with a gun. He was arrested and fired."

When asked why she

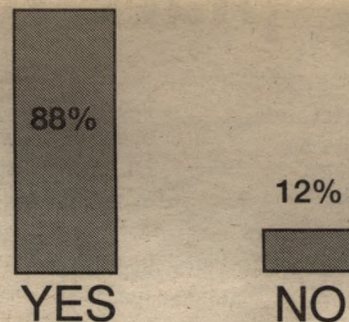
continues to feel secure while at school, she replied, "I don't think we are immune. Something could happen here—I just keep my eyes open."

Stacy Servideo, a senior from Worcester, MA, wasn't shocked when she heard the news. "It could happen anywhere—you just never know." She continued to explain she was more surprised that she didn't find out about the situation until she read the news brief in The Spectrum on Thursday. "I couldn't believe I hadn't heard anything sooner," she claimed.

See "Students" on Page 2

Survey Says...

In a recent poll at Sacred Heart University, 100 randomly selected students were asked if they felt safe at SHU.



According to this poll, the majority of students do feel safe while on Sacred Heart's campus.

Travel company has monopoly on SHU

By Tina Shushelnycky
Staff Reporter

A global e-Mail sent out Jan. 24 by Vice President of Finance and Administration Dr. Paul Madonna announced that Robustelli World Travel of Stamford was selected as the sole travel agency for SHU.

The selection was based upon the University Travel Services Committee's recommendation following a request for proposal, bidding and interview process involving nine travel agencies, according to the e-mail sent by Madonna.

The plan that took effect Feb 4 stipulates that all university-funded travel (for student groups, athletic teams, staff and administrators) must be booked through Robustelli World

Travel.

This includes airfare, lodging, and car reservations.

Yet student groups and athletic teams are still obligated to go through Robustelli Travel with one stipulation. If the university traveler finds a lower fare or lower hotel price elsewhere they can fax the lower fare quote to Robustelli Travel and Robustelli Travel will attempt to "beat" that fare.

"If Robustelli Travel cannot beat the lower fare that documentation must then be attached to the travel voucher and reimbursement will be made by the university," Forget said.

Junior Matthew Snyder of Gibbsboro, NJ is skeptical when it comes to being reimbursed for travel.

See "Travel Agency" on page 3



contributed photo

Pictured above is Dr. Louise Spence and Pearl Bowser, co-authors of a Krasznak-Krausz award winning book, and Mike Leigh who presented the award. See full story on page 2.

SHU Professor wins the Kraszna-Rausz Award for her book

By Kerry Freel
News Editor

On February 5 in London, Louise Spence was presented a Kraszna-Krausz Foundation Award for the 280 paged book she co-authored, *Writing Himself into History: Oscar Micheaux, His Silent Films, and His Audiences*.

The book won the Kraszna-Krausz Moving Image Book Awards' best book published between June 1999 and May 2001 in the Culture and History Category. The award was presented by Mike Leigh, a British filmmaker.

"[A] remarkable work, at the forefront in the major rediscovery of this pioneer of African American film. The co-authors create a sensitive and insightful portrait of an exceptional and long-forgotten artist and entrepreneur, and the Black American culture and communities in which he thrived," said judges at the competition of the book.

The Kraszna-Krausz Foundation website explained the prestige of the judges at this year's competition.

Richard Paterson is Head of Knowledge at the British Film Institute.

Robert Sklar is a Professor of Cinema Studies at New York University, and author of *Film: An International History of the Medium*, which won a Kraszna-Krausz Book Award in 1995.

Lars Svanberg is the founder and editor of *Technology and Man (T & M)* magazine and Head of

New Technology and Chairman of the Swedish Workgroup for e-cinema at the Swedish Film Institute.

"We are very proud of Dr. Spence and of her accomplishments. Winning an international award brings great prestige to herself, to her department, and to the University," said Dr. Claire Paolini, Dean of the College of Arts and Sciences.

More than 250 books on the subject of film and television from ten countries were entered in the Kraszna-Krausz Moving Image Book Awards competition.

The awards are presented by the Kraszna-Krausz Foundation annually on books that have been published in the past two years.

The category alternates yearly between still photography and the moving image.

"Top prize! We feel very honored," Spence said.

Spence and Bowser were the only American finalists in this competition for the year. Other authors with award-winning books traveled from Italy, Spain, Sweden, and Great Britain to receive their awards.

The duo's book has also won the Theatre Library Association's highest award in the area of film or broadcasting published in the year 2000. This prize was presented June 15, 2001, at the Kaplan Penthouse at Lincoln Center.

"Too often, well-meaning scholars look to the past in an effort to recognize forgotten figures, but the approach usually overreaches and ends up as mere hagiography.

"Fortunately, that is NOT the case with the renewed interest in director Oscar Micheaux (1884-1951), mainly because Micheaux truly earns the label of unheralded

professor of Media Studies at SHU.

"Simply put, Oscar Micheaux was the first major independent African-American filmmaker. Not only did Micheaux write and direct his films, he also produced and distributed them," Monder added.

"We are all proud of Louise, her scholarship, and of course the award," said Dr. David Curtis, chair of the department of language, literature and media studies.

"The Media Studies Program is thrilled that Dr. Spence's scholarship is getting the international recognition it deserves. *Writing Himself into History* is a groundbreaking book that combines impeccable historical research with nuanced critical analysis. We are extremely lucky to have such an accomplished scholar and dedicated teacher at Sacred Heart," said Dr. James Castonguay, Coordinator of Media Studies.

The Rutgers University Press published book was a finalist in the Katherine Singer Kovacs award for outstanding scholarship.

Spence is a SHU Media Studies professor who received an M.A. in Cinema Studies and a Ph.D. with distinction from New York University, and Bowser is an independent scholar.

The Kraszna-Krausz Foundation was formed in 1985 by Andor Kraszna-Krausz, who also founded the Focal Press in 1937. Kraszna-Krausz published 1,200 books in his lifetime. The Focal Press was influential in the literature of photography, film, and television.

Financial support for the research for Spence and Bowser's book was provided by The National Endowment for the Humanities, the American Council of Learned Studies, Sacred Heart University's Research and Creativity Grant funds, and the Ford Foundation.

The book can be purchased through the SHU Bookstore or Amazon.com for \$52 for the cloth edition and \$20 for the paperback edition.

Honors students have a place to lounge

By Elaine McCauley
Staff Reporter

Sacred Heart Honors students now have a place to call their own in the Ryan Matura Library. Dr. Walter Brooks and Dr. Carol Batt, director and assistant director of the Honors Program, have been preparing the new Honors Lounge for its official opening next month.

"Dr. Brooks and Dr. Batt worked really hard to obtain the lounge and we are truly grateful to them both," said junior honors student, Gina Cuccurullo, from Brooklyn, NY.

The lounge is located in the upper level of the library. All honors students will be given a key to the room for access whenever they wish during normal library hours.

"It will be a place for the students to congregate as a group since there is no such place right now," explains Dr. Batt.

The Honors Lounge could not have been made possible without the help of the university's Academic Vice President, Dr. Thomas Forget.

"He has supported this project from the very beginning and I think it shows how serious Dr. Forget takes the Honors Program," Dr. Brooks said.

Dr. Forget not only has put his efforts forth to approve the space in the library for the group, but he also funded the purchase of furniture, lamps, paintings, and plants to make the lounge seem very homey.

Freshman Honors student, Lisa Caffrey from Bethpage, NY said, "It's a quiet place to come and do your studying but

The Student Honors Committee will oversee all activities in the lounge.

"The students will be able to study there but we are not limiting it to that. If they want to bring videos to watch or meet there just to hang out, that is acceptable also," explains Dr. Batt.

Head librarian Dennis Bernamati is also very supportive of the Honors Lounge. He is hopeful that the new room will increase traffic to the library.

"I think it's great that we finally have a quiet place of our own. Sometimes the library can be distracting with cell phones going off and inconsiderate people talking too loud while others are trying to study," said Joseph Tornabe, a junior from Huntington, NY.

Freshman Chris Vachon from Derry, NH said, "I am eager for the new lounge to open and am glad that staff members here have been so supportive."

The opening reception of the Honors Lounge will be held on Thursday, March 14th at 3pm. The official gathering will be an open house to anyone who would like to attend.



photo by Christina Tantillo

it's more comfortable than sitting in the library."

Sarah Todd, a freshman from Hempstead, NY is another student excited about the opening of the lounge. "Since a lot of us have class together, the lounge will be a great central location for a group of us to meet," said Todd.

Despite recent events at FU, students continue to feel safe at Sacred Heart

Continued from Page 1

On the other hand, junior Alli Shaughnessy from Randolph, MA, heard about the incident almost immediately. "My mom called me all worried because she heard on the news that people were held hostage at a Catholic University in Fairfield." Shaughnessy explained to her mother that Sacred Heart was safe, and that she was just fine.

Arbelo, a graduate of Fairfield University in 2001, grew up in Fairfield and attended Fairfield Prep High School. Arbelo's lawyer, William Neary of Bridgeport, has described his client as being "totally blind in his left eye, three-quarters blind in his right eye and partially deaf."

West Haven native Robert Lauria, a former student of Fairfield U, claimed that he personally knows a student named Andrea who was held hostage in the classroom. "We hung out on

Friday," he said. When asked about her reaction he replied, "She said that it was shady how he did it. It was odd because he wasn't mean or violent--just there."

If convicted of all charges, Patrick Arbelo could be sentenced to life in prison. He is being held at the Bridgeport Correction Center because he could not make his \$1 million bond.

In a statement to the Fairfield University community, President Aloysius P. Kelley attempted to calm the fears of those who were affected by the events of last Tuesday by saying, "In the aftermath of September 11, I reflected with you on the challenge of seeing good in the midst of horror, of finding light in the midst of darkness. [On Feb. 12], that goodness was illuminated in a hundred different ways, reminding us again that the simple acts of ordinary people give us reason to hope, reason to trust, reason to believe."

Travel Agency monopolizing SHU

Continued from page 1

"When I was a freshman here we played [volleyball] in Europe...but we had to pay for the entire trip ourselves. This year we used a bus for a tournament 10 hours away. We also had to pay for that ourselves," Snyder said.

Robustelli Travel may find a lower airfare or hotel price but that could mean flying into an airport in a nearby city or staying in a hotel across town from where one needs to be.

Professor of Chemistry Dr. Babu George said that he found the agency's fares to be more expensive than competitors.

"I recently called the agency while making plans to attend a conference in Orlando, FL and found their fares higher than what I was able to find on my own...They also wanted to charge me a \$35.00 ticketing fee," George said.

Given the large faculty outcry it was announced on Feb. 14 that faculty would now be exempt from using the policy.

According to Vice President of Academic Affairs Dr. Thomas Forget, "Faculty members are still asked to use the pricing available from Robustelli Travel, but they are not required to do so."

Some students are also speaking out against the plan. Freshman Greg Porter of Winston-Salem, NC said, "If I have to travel with the fencing team I want to have the ability to choose what

airline [I fly] and what hotel I stay at. This is going to be a guaranteed disaster."

Stiltner asserts, "I didn't see the point of the policy...For instance, the conference is at a hotel, so it doesn't make sense to get a cheaper hotel miles away."

According to the global e-mail sent by Madonna Robustelli World Travel can offer discounts through its 'preferred supplier' relationships with airlines, rental cars, hotels, and rail/limo suppliers...They will guarantee SHU the lowest available published airfare, exclusive of Internet rates."

According to Marie Sekelsky Director of Scholarship Funds Robustelli World Travel has donated money and airline tickets to SHU in the past.

"They gave two round-trip tickets valued at \$1400 for a silent auction held in April 2001. Robustelli Travel also made two donations totaling \$200 to the Athletic Department, Sekelsky said.

Dr. Forget said the donations had no bearing on the decision to use Robustelli Travel.

"I am not aware that the relatively small donations had any bearing on the decision of the University travel committee to select Robustelli Travel as the standard university travel agency.... Although I was not a member of the committee, I am confident that committee members exercised good, objective judgement in making this selection," Forget said.

Naomi Tutu addresses SHU

By Kerry Freel
News Editor

On February 13 at 7:30 p.m., Naomi Tutu, who has appeared on *Oprah* and *CBS This Morning*, spoke about "Truth and Reconciliation: Healing the Wounds of Racism," at the SHU Theatre.

Tutu spoke of how people around the world differ over the concepts of truth and reconciliation, especially as these concern Apartheid.

"People see reconciliation as an exercise...[We] cannot have true reconciliation until we have the truth," Tutu said.

The TRC, the Truth and Reconciliation Commission, handles the injustices of Apartheid. The core idea, Tutu explained, is a compromise for the offenders who will not undergo trials and will not be forgiven simply.

Many people lost loved ones during Apartheid, Tutu explained, and they don't know how these people died. Those who had a hand involved in killing people must admit how they killed and are then forgiven.

Tutu explains that this truth telling gives family members the ability to grieve press on with the knowledge of how their fellow citizen was murdered.

Tutu talked about a conference against racism she attended where panel members included

"untouchables" from India and the Aboriginal people of Australia. Tutu was happy about the conference.

"The world sees racism was something that's holding us back... from being a global community," Tutu said.

the illegalization of Apartheid.

Tutu was born in Krugersdorp, South Africa and she is the third child of Desmond and Nomalizo Tutu. She received a B.A. in economics and French from Berea College in Berea, Kentucky and



The Truth and Reconciliation Commission Symbol.

At one conference Tutu attended, a United States representative was involved in rewriting a document where racist acts were mentioned. The person wanted the document to be worded to say action would be taken against "illegal" racist acts.

"What are the legal racist acts?" Tutu asked the audience Wednesday night.

Tutu's advice for teaching today's children is to "look upon difference as an opportunity."

Tutu's father, Anglican Archbishop Desmond Tutu, won the Nobel Peace Prize in 1984 for trying to end racial segregation, Apartheid, in South Africa. He worked with Nelson Mandela and others to achieve

an M.A. in International Economic Developments from the Patterson School of Diplomacy and International Commerce, at the University of Kentucky.

She was also awarded an Honorary Doctorate by the Universal Orthodox College of Ogun State, Nigeria, in 1985.

Tutu has two of her own children, a daughter Nompumelelo and a son Mphilontle.

"If you don't see me as a black woman, you don't see me," Tutu stated.

For more information about the Truth and Reconciliation Commission log on to <http://www.truth.org.za/>.

Devine and Hubbard co-chair "Young at Heart" Conference

By Kerry Freel
News Editor

Beginning on March 1, SHU will play host to the NEACURH Conference where over 350 delegates from 35 schools will participate in leadership workshops.

Many activities must be planned and many hours are put into this conference.

At the SHU conference, each school prepares programs and skits that will be presented.

The programs will be conducted in classrooms, and the prom banquet will be at the Trumbull Marriot.

To get the conference at SHU, senior Eric Devine from Palmer, MA and junior Michelle Hubbard, from Gurnee, IL had to prepare a bid for the cost.

The turnout for this conference was unexpected according to Devine. With the category this particular conference is in, over 350 participants, it will be the largest conference in NEACURH's history.

The conference is called "Mini No Frills" and is one of three held every year. There are also the regional and national conferences.

This year Devine said there would be skits, a magic show, bingo, and a prom theme the final evening.

"...we are excited about how much support SHU has been getting from the professionals and faculty of Sacred Heart" Joe Winter

"This pretty much has been life for over a year and a half. It's been a growing experience for IRC and Residential Life. It's been very rewarding," said Hubbard.

"Myself and Matthew Chetnik, NEACURH Advisor, have been working very close and we are excited about how much support SHU has been getting from the professionals and faculty of Sacred Heart," said advisor of the conference and Taft RHD, Joe Winter.

Devine said one of the goals of this conference is "to put SHU on the map."

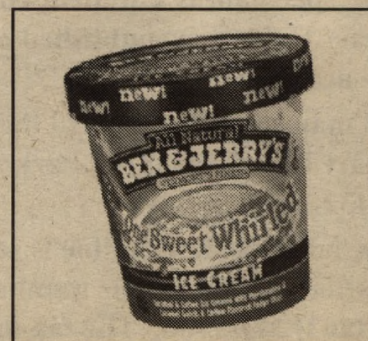
SHU is also bidding for school of the year through the NEACURH organization. Hubbard placed a bid for regional communications coordinator and Devine has placed a bid for student of the year.

"There's so much work that goes into it [the conference] but it's so worth it in the end," Devine said.

"It'll be fun to see it all come together; to see everything culminate. Everyone seems excited to come here," said Hubbard.

Did You Know?

Ben and Jerry's Ice Cream has teamed up with the Dave Matthews Band and SaveOurEnvironment.org to help stop global warming. The band is "honored" to have a flavor called "One Sweet Whirled" named after them. The ice cream is coffee ice cream with marshmallow and caramel swirls and also chocolate chunks. The newest flavor is now available at the SHU Marketplace.



-compiled by Kerry Freel

Editorials

Opinions count

By Megan Flood
Editor-in-Chief

Now I would otherwise address this issue in next weeks Spectrum, but there is no issue next week because of midterms and then there is no issue the following week because of Spring Break. (Also there seems to be a problem among the students at Sacred Heart, as far as long term memory goes.) So I will try to address the concerns of Dawn and Tenequa in this issue.

There is no such thing as an unnecessary editorial. Everyone's opinion counts, and Dawn you are right in saying that a newspaper is supposed to remain unbiased. However, none of my staff gave their opinions in the article on the Spring Concert, just the students of SHU.

Kerry and Kacey poled several students to get their opinions and unfortunately the responses were not that positive. We were not able to poll the entire school, I apologize. But just as Tenequa noted, "The lack of participation at this

school is incredible, and what is even more incredible is students are the first to complain about not having anything to do on campus," it is hard to obtain a reaction from students at this school.

Even though opinions may vary, we do put time and effort into our research here at the Spectrum, maybe even more than students put into a whole semester's worth of classes. In fact we put so much effort into our research that we know that when someone makes a public statement, like Ms. Wright did in her global email, we are able to repeat whatever she says, since it is public knowledge.

The Spectrum holds no official position on the venue of the Spring Concert. However we do agree with Dawn that a great deal of work was put into getting the musicians here. And for those of you who are looking forward to the Spring Concert tickets went on sale Sunday the 18th, and now they are \$28 and can be purchased in front of Public Safety.

To all those of you who are unhappy with the selection, make sure you join the committee next year!

Attention Premed Students

The Premed Advisement Program will present a workshop on the MCAT Writing Sample on Wed., Feb. 27th from 2-3 p.m. in room SC 203. This meeting is mandatory for Sophomores and juniors, and optional for freshman and seniors.

Questions? Contact Dr. Schofield @ extension 7749 and/or Dr. Calabrese @ extension 7811.

**What do you have to say about the school?
Give us your thoughts on Sacred Heart.
Let your voice be heard!**

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any material.

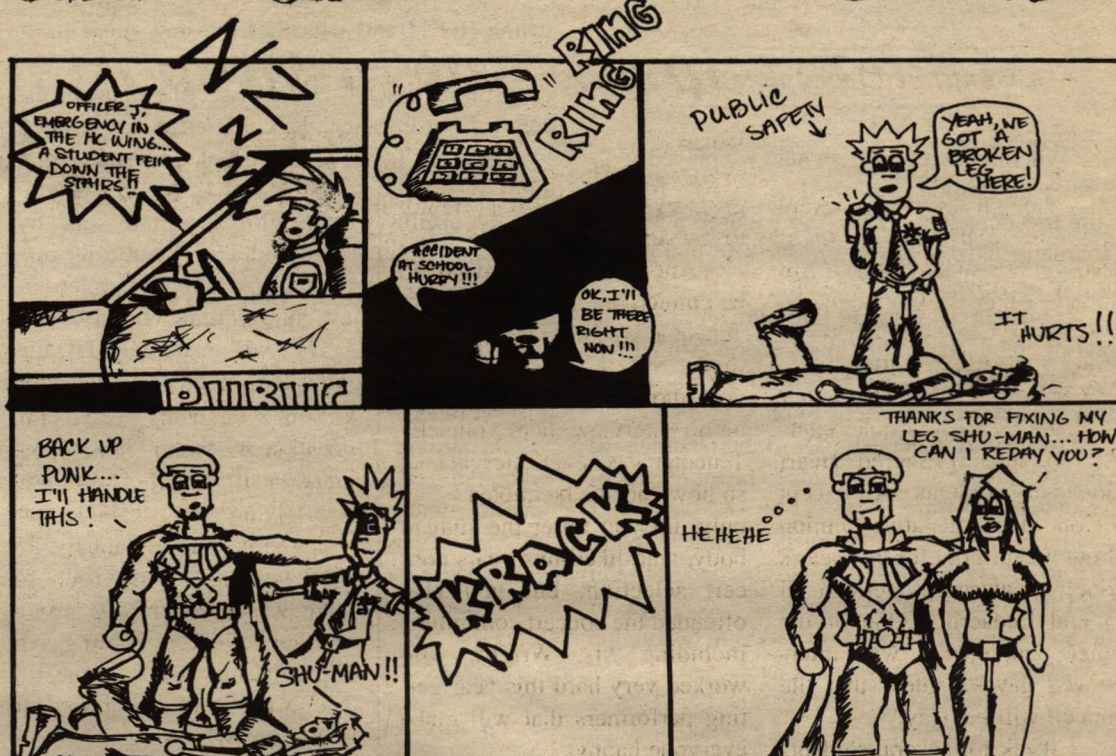
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Chillin AT SHU

by GIOVANNI DIAZ



The SHU Voices

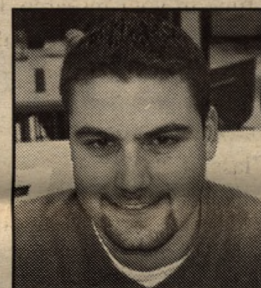
-Compiled by Ryan Greenfeld

Do you think the hostage situation at Fairfield U could happen at SHU?



Stan Zazula
Staten Island, NY
Junior

"Sure, I don't see why not."



Rob Parkin
West Haven
Junior

"You bet it can!"



Holli Fiedler
Yonkers, NY
Junior

"Yeah, why couldn't it?"

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Letters/Op-Ed

Please submit your letters to the Spectrum office on Mondays between the hours of 10 a.m. and 6 p.m. or slip them under the office door. Letters must be typewritten and signed and may be edited. Please indicate title or class and telephone number.

Students speak out in support of the Spring Concert

Dear Editor,

I thought newspapers were supposed to provide an unbiased opinion about issues. But in the article dealing with the Spring Concert published on January 31, 2002, I found it to be very one-sided. The writer of that particular article interviewed several Sacred Heart University students. All except for one had a negative opinion about the turn out for this year's concert featuring American Hi Fi and Ludacris. One of the other people that was interviewed gave a guess that the concert will be okay.

I speak for several students on this campus when I say that I'm very happy about that Spring Concert, mainly because it caters to everyone. This concert has an alternative band for people who like alternative music and a hip-hop artist for those who like hip-hop music. Students have said that last year's concert was good and they didn't understand why they didn't have something like that this year.

My reply to that is Fuel, Oleander and Three Doors

Down didn't really appeal to everyone. This year's concert gives everyone the opportunity to see something they like.

Another thing that needs to be pointed out is the quote from Tenequa Wright. My question to the Spectrum is, How can you quote someone when you didn't interview them yourself? Tenequa was never interviewed, so how can she be quoted? Not only did you upset the student body, who liked this year's concert selection, but you also offended the concert committee, including Ms. Wright, who worked very hard this year getting performers that will make everyone happy.

I understand there are people who don't think the concert will go over well, but there are some students besides myself that disagree. All I ask is that if you, the Spectrum, find three people to oppose something, find three more people to support it. It might take a little more time in your research, but it will make an editorial like this unnecessary.

Dawn M. Storey
Class of 2002

Where's the love SHU?

Dear Editor

Rapper Jay-Z wasn't kidding when he asked this question and although he didn't mention it directly, surely he was talking about Sacred Heart University. In the January 31, 2002 edition of The Spectrum, there was a cover page article entitled, "Mixed Feelings on Hip-Hop and Rock Concert". The article was supposed to make the SHU students aware of how the SET spring concert committee made the selection for this 2002 spring concert. But, in actuality the article conveyed a message that had already been emailed to the SHU community. Now call me crazy, but I believe that you should interview someone from the concert committee before you start writing articles on this subject, however Kerry Freel and Kacey Semler did not feel that this technique was necessary. So, here's the real scoop on the Spring Concert for 2002.

Hi, my name is Tenequa Wright and I am the spring concert chair. I took this position with one goal in mind, to bring more diversity to SHU through the spring concert. For years, SHU has had various rock and alternative bands that played fairly well, but not exceptionally well. This year, I hoped to attract as many SHU students as possible.

With this task in mind, the concert committee sat down and decided to have 2 bands that played from different musical genres. We then critiqued the list of bands available to the school. The first set of bands that was selected was Ludacris and Lifehouse, the latter a popular alternative group. A survey was emailed to every student on campus in an attempt to see how they felt about the bands (approximately 275 responded) and a bid was placed on the acts with the most votes. We slipped Ludacris and Lifehouse into this list of bands. From the responses, we tallied the votes and discovered that Ludacris and Lifehouse had the majority vote, with American Hi-Fi following as a very close second into the alternative genre. Ludacris accepted our bid while Lifehouse declined because they were going back in the studio to record for a new album. So, we placed a bid on American Hi-Fi and they accepted.

So where's the love? After reading the article printed about the concert, I feel that all of the concert committee's hard work went in vain. This year's committee selection involved a lot more student participation. Realistically though, there isn't any love in SHU for SHU events. The lack of participation at this school is incredible, and what is even more incredible is students are the first to complain about not having anything to do on campus.

In the article written about the concert, various students ripped this year's spring concert apart. One student commented that she didn't think the concert was going to be that successful because the bands weren't that well known. I guess Ludacris who holds the #3 spot on the billboard charts isn't enough fame. Other students talked about going to a Dave Matthews concert on that day. Huh! Everyone cannot journey to Rhode Island to see some well known musical acts - so the concert committee brought a more diverse concert here for \$18 (rather the \$50+ one would spend to see Dave Matthews). I do understand that it's impossible to please everyone all the time, but I think it is disheartening for the concert committee to read one-sided articles, knowing that they have worked so hard.

But, don't worry SHU; sadly, while some students show their disregard for this year's concert, the outside public is flocking to pick up what some SHU students intend to leave over behind. Come on! SHU, this concert is for you. I hope to see you all on the ticket lines on Feb 25th - March 1st.

Tenequa Wright

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Come to a Senate Meeting

Monday nights at 10:10 in the Faculty

Lounge. All meetings are open. See you there !

Senate's Questions of the week

What type of articles would you like to see in the Spectrum?

-Contact Megan McDonald through her mailbox in Hawley Lounge or at M-McDonald@sacredheart.edu

What problem did you experience with Freshman registration during orientation?

Contact Gina Scalise through her mailbox in Hawley Lounge

-Courtesy of Megan McDonald

Pioneer Classifieds

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Features

Dying to Be Thinner

By Romy Sarrazin
Staff Writer

Pick four out of your female friends and according to national statistics, one of them has an eating disorder. Five to ten million adolescents and women struggle with eating disorders and borderline conditions in America.

There are three major types of eating disorders addressed through Sacred Heart: compulsive overeating, bulimia nervosa, and anorexia nervosa.

Compulsive Overeating is overeating that can lead to massive weight gain. Most sufferers eat when they are not hungry and continue eating until they are painfully full. Bulimia is characterized by a rapid consumption of food followed by self-induced vomiting or laxative/diuretic use. Fasting and compulsive exercise may follow. Anorexics intensely fear gaining weight, and they refuse to eat.

"College women are vulnerable because of the images of thinness, models, and dieting seen through media, some women feel that to feel good is to lose weight," according to Jocelyn Novella, a personal

counselor here at Sacred Heart. Weight loss is one aspect of their lives that women with eating disorders can control. "Sometimes people feel that they can control this [weight] aspect of their lives," Novella said.

Perhaps this was the case for Sacred Heart senior Stacey Fowler from Greenwich. In fall of 1997 she began her first year of school at Albright College in Reading, Pennsylvania.

The year started well, Stacey joined a sorority and she was successful in her studies, though she was slightly stressed. Mid semester freshman year Stacey began putting on the infamous freshmen 15 so she began a diet. She lost a couple of pounds and people began giving her compliments.

"You look good Stacey," they said, "You're losing weight, you look great." Stacey began to feel so good about her accomplishments that her small diet became compulsive. She began exercising everyday for two hours at a time and burning from 600-1000 calories during each session.

For over a year Stacey was

exercising compulsively and she was becoming stressed out with the pressures of school and

a cup of coffee. For lunch, she would have a bagel sandwich and a banana, and for dinner, she would have a salad. All this time Stacey was thinking, "I'm not anorexic, I'm eating." Stacey would plan her day around her eating activities. When she did not exercise, the whole world knew about it.

At this point, Stacey was about 110 pounds and 5'9. Soon after the binge eating and purging Stacey began to have fainting spells. She was not able to get out of bed, and became very depressed. Her sorority sisters at Albright noticed that she was not herself and suggested that she get some help.

Stacey would tell them that she was fine and that they were simply jealous of her. Her sisters told her that if she did not get help, they would not be there to help her. Stacey finally realized that she was tired of being depressed. While she wanted to eat, emotionally she couldn't so she went for help.

It was the summer of 1998 that Stacey confessed to her parents that she had a problem and

that she needed help badly.

"It was so hard to tell my parents" Stacey said. They were supportive of her and quickly got her help. Stacey began going to the Wilkens Center in Greenwich. At the Wilkens Center, Stacey met with the program director.

Stacey was then admitted into a rigorous outpatient rehabilitation program at Silver Hill Hospital in New Canaan from July 12 until September. She would go in the morning and leave at night. During her stay at the hospital, Stacey was constantly monitored. Rather than going to the gym, Stacey's family adopted a dog and Stacey would play and walk the dog for some fresh air and exercise.

Stacey is doing much better today. She is healthy and exercises twice a week. She has had to face many obstacles through recovery. She had to leave Albright College and now she attends Sacred Heart. Stacey is now 23 years old and an English major.

She had to meet new people, come to a new school, leave a bad relationship, and leave a sheltered lifestyle in which she was in control and come to a

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Eating Disorders Awareness Week is February 24 - March 3, 2002 and sponsored in part by the Eating Disorders Awareness Association pictured above is their Logo.

being away from home. She began to eat very little and burn off all of the calories from her meals. She then became bulimic and started bingeing and purging.

Still at Albright College, Stacey would begin her day with

The POT Spot

By Laurie Nagy
Staff Writer

The sisters have been in full swing with AIDS Awareness Week. Sunday opening ceremonies attracted many student and organizations.

Brett Wallace and Jeff Aldana, two brothers from Alpha Sigma Psi shared their singing and Brandon Graham shared a poem.

The sisters made an effort to cover the walls with balloons and AIDS statistics throughout the week to keep the campus community informed. Their table in FLIK was well attended and they received much support for their Ribbon Project.

They hope that everyone was able to get a lollipop. Monday night they sponsored Sex Jeopardy with East and Taft Hall councils. With tough

competition, it proved to be an exciting event.

On Tuesday night the girls were able to raise money for their cause with a service auction and dance party.

The sorority was pleased by the many people who sponsored the events and supported them throughout the week. They were able to raise a good amount of money for our cause.

On Wednesday, the sisters along with Student Government dressed in black to commemorate those who have died of AIDS. Today they are dressed in red to show our support for the cause.

The sisters look forward to a guest speaker, Mike DeStefano, in the Mahogany Room today at 12:30 who was diagnosed HIV-positive in 1989. He is a stand-up comic and has worked as a substance abuse counselor and a health educator. DeStefano married

Fran in 1993 who had also been diagnosed HIV-positive. In 1994, tragedy struck when Fran progressed from being HIV-Positive to having full-blown AIDS. After a painful year, Fran succumbed to AIDS on March 8, 1995. DeStefano uses his experiences to give a message of hope and triumph.

The movie Serendipity will be playing in the Schine Friday and Saturday at 7 pm and Sunday at 2 pm. Flowers with AIDS statistics will be given out. This Sunday, the week will conclude with a candlelight march in the Quad. Pairs of sisters will be stationed in the Quad and will give AIDS statistics as those participating walk to each location. To end the ceremony the poem that won the poetry contest will be read. Together we can beat this horrible epidemic.

Spring Break Out

By Lori Singer &
Christina Tantillo
Staff Writer & Features Editor

With Spring Break just around the corner, its obvious that students have conquered their fears of flying. Spring Breakers are traveling within the United States as well as abroad in search of the perfect vacation.

"I'm really excited. It's my first time going to Cancun and I can't wait," said Junior Leanne DeSisto from Chelmsford, MA. She is partaking in this Mexican adventure with eleven other girls from Sacred Heart University.

DeSisto and company will be joined by Junior Tim Wilson from Patterson, NJ, his friend, Jeff Russo also from Sacred Heart, and two friends from home.

Senior Liz Moskowsky from

Long Beach, NY is "stoked" for her rendez-vu with three friends in Boulder, CO. They plan to tear up the slopes at Breckinridge, one of the premier skiing resorts in the United

**Liz
Moskowsky
is "stoked."**

States.

Junior Gianni Cangiano from Brooklyn, NY is going with his roommate to Myrtle Beach, SC. He will be meeting up with others from Sacred Heart University for a few days of fun in the South Carolina Sun.

Senior Janet Lazzara from Cold Spring Harbor, NY is sightseeing in Sedona, Arizona with a friend from Sacred Heart.

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Back In Control

con't from page 6

place where she knew no one. Stacey has over come these obstacles.

"I turned out to be a stronger person, more self aware because of what I went through. I am much stronger because I went through recovery. If I didn't get help I wouldn't be the person that I am today," Stacey commented adding that she is proud of who she is now even if she is not like everyone else. Stacey has become more self-accepting. She is no longer obsessed over being thin and in control.

Now when she exercises she puts a towel over the calorie counter so she does not see how many calories she has burned.

"If I can help someone not go through what I went through, it would make me very happy. I know my voice is small, but if I could help one person I would be happy," Stacey commented.

Sacred Heart offers support for those who are suffering from eating disorders. Students who think a friend has developed strange eating patterns should seek help from the health center or an adviser.

"Counseling is a multi faceted approach. It is not simply an hour of counseling per week," stated Novella. The counseling process involves a doctor to monitor physical health, a nutritionist to see what the patient is eating, a family member for moral support, and a counselor to talk of the underlying emotional issues.

In the case of Stacey Fowler the emotional issues she faced were her weight insecurities, her need to be in an environment that she could control and the pressures of college life.

According to Novella, about one-third of eating disorders are treatable, while about 15 percent of untreated anorexics, people who eat too little, die

as a result. She suggests that students who think a friend might be suffering from an eating disorder should watch for other symptoms like fatigue,

**"I'm not
anorexic,
I'm eating,"
thought
Stacey**

extreme anxiousness, and an obsession with weight or body image.

If you or someone you know suffers from an eating disorder, contact Jocelyn Novella at 371-7955 or at novellaj@sacredheart.edu.

Flight Plans

con't from page 6

The Grand Canyon, Red Rocks and other popular tourist venues top their list of hot spots.

Also traveling to Arizona is Michelle Zozzaro, a senior from Long Beach, NY. "I think I'm going," she said. She hopes to party with her cousin in Scotsdale.

Stephanie Carvalho, a senior from East Hartford will spend her free week relaxing at home. She already has a job lined up, so she is looking forward to the free time away from resumes. Carvalho plans to use one free weekend to visit her brother at his home in Boston.

However a quiet week at home would never satisfy Erin Corcoran from Stratford. This Sacred Heart Junior will be visiting a friend from Western New England College who is studying abroad in Italy.

During her voyage, she will have the opportunity to go to classes with her friend. Because this is her first trip to Italy, she is nervous to fly alone. However the promise of partying in a foreign land is enticing enough.

Junior, Mark Curschan from Bronx, NY will take flight to Panama City, FL with seven others from Sacred Heart. They will frequent the beaches and the nightclub scene.

Not being able to settle on a single destination, Antonia Aspiotis, a senior from Brooklyn, NY will spend her vacation leisurely cruising from Florida to the Bahamas with friends from home.

So wherever you are going or whatever you are doing, bring plenty of money and don't forget your sunscreen, skis, camera, and "How to Pick Up An Italian Hottie" Manual.

Spring Break FYI:

Each February the Department of State distributes information to over 1,500 college and university newspapers to alert American students traveling to different countries during thier spring and summer breaks about conditions that may affect their safety and welfare. Students, who can be caught off-guard by differences in local practices and unfamiliar surroundings, sometimes face the risk of arrest in connection with drug and alcohol abuse and can become the victims of crime while traveling in foreign countries.

Each year more than 2,500 American citizens are arrested abroad. About half of these are for narcotics charges. A drug that may be legal in one country may not be so in a neighboring nation.

Besides drugs, alcohol can also get U.S. citizens in trouble. Students have been arrested for being intoxicated in public areas, for underage drinking, and for drunk driving. Some young Americans go to other countries assuming that local authorities will overlook such behavior.

May believe they are immune from prosecution because they are Americans. The truth is that Americans are expected to obey local laws, and may face sever penalties, including jail time.

Being arrested is not the only thing that can happen on a foreign vacation. Young American have suffered injury or even death from automobile accidents, drowning, and even drug or alcohol abuse. Sadly, other Americans have been raped or robbed because they have found themselves in unfamiliar locales, and do not have good judgement while under the influence of controlled substances.

Remember: Reckless behavior while in another country can do more than ruin your vacation; it can land you in a foreign jail or worse. To have a safe trip, avoid risky behavior and become familiar with the basic laws and customs of the country you plan to visit before you travel. To obtain more information about traveling abroad, check the Department of State's web site at travel.state.gov.

Midterms or Ramen?

By Christina Tantillo
Features Editor

Midterms got you down? Well, if you're like many students when you are depressed or stressed, you eat! Since it's midterms you are more than likely looking for something to distract you from studying anyway.

Ah, the joys of Ramen Noodles. Many a meal of Ramen will be eaten around campus in the weeks to come. But, perhaps the salty taste of oriental goodness isn't enough for you and you want to try jazzing it up a bit.

Those of you wishing to combine two college favorites might want to try this dormitory delicacy that serves 6:

Top Ramen Pizza

Cover pizza pan with aluminum foil. Build up foil edges to form about 1/2" tall rim around the pan. Lightly grease the aluminum surface. Cook both packages of Top Ramen noodles in water with pinch of salt. Do not use flavor packets. Drain noodles and set aside. Brown beef, onions and mushrooms together. Drain excess fat. Stir both flavor packets into meat mixture. Set aside. Beat together egg, milk and parmesan cheese. Stir this mixture into Top Ramen noodles. Evenly spread noodle/egg mixture onto pizza pan. Pour spaghetti sauce over noodles. Sprinkle meat mixture over sauce. Top with mozzarella cheese. Bake at 350° for 20

minutes or until golden, bubbly brown. Let stand 5 minutes before slicing. Great for parties!

Ingredients:

- 2 packages Beef Flavor Top Ramen
- Salt
- 3 cups water
- 1/2 pound ground beef
- 1/2 cup mushrooms, sliced



Salmon Ramen (above)
Ramen Pizza (below)
are 2 Ramen delights.



- 1 jar spaghetti sauce (15-1/2oz.)
- 3 Tbsp. Parmesan cheese
- 1/2 cup onion, chopped
- 1/2 cup milk
- 1 egg
- 8 oz. mozzarella cheese, grated
- 1 pizza pan
- aluminum foil

However, the growing trend seems to be away from fatty red meat and towards more wholesome protein

sources such as fish. Those with such a taste may swim right into this recipe, which serves four:

Salmon Ramen with
Fresh Vegetables

Open 2 packages of Oriental Flavor Top Ramen and remove flavor packets. Heat butter in skillet and add the chopped onion. Sauté onion 2 minutes. Add milk, cream cheese and 1 flavor packet. Cook and stir until mixture is smooth.

DO NOT BOIL. Add carrots, zucchini and salmon and simmer for 5 minutes. At the same time, cook the noodles with the seasoning from the remaining flavor packet for 3 minutes. Drain liquid. Add the ramen noodles to the salmon and vegetable mixture. Toss gently and serve immediately. Now that's a winning taste!

Ingredients:

- 2 packages Oriental Flavor Top Ramen
- 1 Tbsp. butter
- 1 onion, finely chopped
- 1-1/2 cups milk
- 4 oz. cream cheese, cubed
- 1 cup carrots, julienned
- 1 cup zucchini, julienned
- 2 cans (6.5 oz each) salmon, drained and broken into chunks

No matter what your preference in Ramen noodles, anything to get you away from your books for a while might come as welcomed relief.

For those wishing to gain more information about the joys of cooking with Ramen can check out <http://www.nissinfoods.com/recipe.htm>.



A&E

Arts & Entertainment

remembering heidi

(for aids awareness week)
by Brandon M. Graham

mother, it's just not fair
she was so young
and grappling with the reality
of her actually being gone
is quit difficult to bear

simply because i'm remembering
the warmth of her smile
and how her spirit was so uplifting
and of late i've grown
not only tired
but angry
from my mood constantly shifting
from sadness to i understand
and people incessantly
telling me to be strong
and seek comforting peace in god
because he's always listening

but i've been strong for years
but i've been strong for months
but i've been strong for weeks
but i've been strong for days
but i've been strong for hours
but i've been strong for minutes
but i've been strong for seconds
been strong for too long

in fighting back these tears

i'm tired of resisting

tired of resisting
these tears because the reality of it is...
is that she died
she being Hiedi
Hiedi Richardson to be exact
was called home
well before her time

and she there
and i here

begin shedding so many tears [pause]

kind of like the way
she began shedding so many pounds
in the latter month of her sickness
she had become thinned with shame
she was such a beautiful girl
with milk toned skin,
dandelion-kinky curls,
american blue eyes,

she was in fact
very much like u
and i
who just so happened
to meet him

[you'll meet him later]

[smile]

i smile because
i'm remembering
walking into her hospital room
and thinking how ironically beautiful
she looked
and how the shade of blue
in the hospital gown matched so perfectly
with the shade of blue held in her eyes
and i [pause]

probably like u [pause]
and like u [pause]

would hope
the blue was more symbolic
of free blue skies
and i don't know
if you have ever seen a person
dwindle and fade
right in front of your own eyes
but i have
she was fading like...like...like...
innocence
she was fading like
innocence
gripped by time
strangled by age,
and infected by the human condition

she was fading like...like...like...
long distance relationships
with sprint pcs cell-phone service
our signals began fading
amd we couldn't connect
if we paid roaming charges
she was drifting closer to him
and further from me

[he being god and me being i]

i angered at him and in return
he showed me love
i then stood confused and angered
crying

he began to comfort
and i suddenly understood
theorems of what exactly love is
and had a clear understanding
of his purpose
and i was able to let go
of all the hate bottled inside me
that i had for him
this time
[him being ralph]

ralph being the guy who infected heidi with
it
[it being aids]

and him dying slowly
could only offer
"i'm sorry hiedi i should've told u"

she replied, "no, i'm sorry ralph
i should've known better,
i just don't understand why u didn't tell
me"

he muttered, "it just feels better that way,
i thought it would be more intimate"

she cried out, "what being more intimate,
the both of us sick and dying?"
he was frozen silent

and i now being here
she now being up there
ralph now being down there
thinking
i'm thinking that perhaps...

if he would've told her that he was sick
then she might still be here

and i probably
wouldn't have had to skip heidi's funeral

Early oscar predictions

By Erik Hanson

Contributing Writer

The Academy Awards are professionals at overlooking the best performances in film. In saying this, I glue myself to the screen wondering who will win convinced in some form that it has any bearing on the outcome of my life. It doesn't. Maybe I secretly like the idea of an actor I like winning, but it means little thereafter. Instead of listing who and what were nominated, I would like to offer my choices on what performances should win and who should have been nominated. I hope one of you reads this and makes an attempt to respond with your choices and takes a daring stab at noting your favorite performances of the year.

Best Picture: *In the Bedroom*: A film that grabs you from the start and never lets go. It rides high on human emotion and allows a family to crumble before your eyes like no other drama this year.

Snub: How does *Memento*, a film so audacious and profound, get overlooked in favor of *Lord of the Rings*?

Best Actor: Tom Wilkinson (*In the Bedroom*): He shines as a father dealing with loss and quietly seeks revenge from the man who changed his life forever.

Snub: Guy Pearce delivers the performance of his life. Watch his acting and try and argue with me.

Best Actress:

Halle Berry (*Monsters Ball*): She tackles an ugly role with such vigor and volatility that she will have to edge out Sissy Spacek.

Snub: Thora Birch (*Ghost World*): She brings self-alienation to a new level with her constant search for something she can relate to.

Best Supporting Actor:

Ben Kingsley (*Sexy Beast*): I take credit for assuring his nomi-

nation months ago and hope he wins for this "ruthless gangster who refuses to accept no as an answer, from an old mobster".

Snub: Steve Buscemi (*Ghost World*): He gives *Ghost World* elements of suppressed joy and internal grief.

Best Supporting Actress:

Maggie Smith (*Gosford Park*): While all the buzz says Jennifer Connelly will take home the Oscar, don't overlook Smith's performance that relies on her to cut a person in two with a simple statement.

Snub: Cameron Diaz: She steals the show from male lead Cruise and has the only noteworthy scenes in the highly overrated remake *Vanilla Sky*.

Best Director:

Robert Altman (*Gosford Park*): He blends an eclectic cast with a top notch script and interweaves the tension at a voyeuristic pace for the viewer.

Snub: Christopher Nolan (*Memento*): In only his second feature, Nolan has redefined the word originality with this tale that gets better every time you experience it.

By John J. Ruggiero

A & E Editor

I think most people can agree with this. There are way too many award shows this time of year! But there are a few that stand out as somewhat decent ones. There are a few monsters in the land of Hollywood and music that are worthy of your attention. It's basically the Grammy's and the Oscar's. No, not the hopeless People's Choice Awards and prehistoric Dick Clarks' American Music Awards. It's the show that when you win, it actually means something. Just look what it's done for the careers of Milli Vanilli and Marissa Tomei. I apologize though, she's actually nominated for Best Supporting Actress this year. Let's just hope that Jack Palance doesn't give this award out this time around. Here's my awful predictions. And may I say that Gene Hackman and Jim Carrey should have been looked at seriously.

Best Picture : *A Beautiful Mind*

Best Actor: Russell Crowe, *A Beautiful Mind*

Best Actress : Halle Berry, *Monster's Ball*

Best Supporting Actor and Actress : Jon Voight, *Ali* and Jennifer Connelly, *A Beautiful Mind*

Best Director : Peter Jackson, *Lord of the Rings*

Britney Spears debuts in "Crossroads"

By Kathleen Haughey
Contributing Writer

Pop princess Britney Spears makes her film debut in this middling yet tolerable coming of age film. Spears acting is comparable to that of her singing, the audience knows it's mediocre, however no one seemed to inform Ms. Spears, whose eagerness to please is the driving force behind both vehicles. She tries so hard that the audience finds themselves cheering for her to get through those tough scenes, hoping that she'll manage to make it all come off naturally. That's not to say that this film is all about Britney, oh wait - who are we fooling? Of course it is.

The film opens with three eight year-old girls burying a box filled with symbols of their dreams of the future. They then vow to dig up the box, ten years later, on high school graduation day. The movie then jumps ahead to graduation day, with the opening scene which has been seen on virtually every trailer for the film, even though it has little to do with the plot.

The scene is Britney, a.k.a. Lucy Fisher, dancing in her underwear most appropriately to the original controversial diva, Madonna.

Lucy, being Valedictorian,

is obviously just trying to relieve the stress from her upcoming graduation day, and is also displaying her secret dream, to be a singer. Those acting lessons must have really paid off being a singer that's not something Britney would know from personal experience - is it?

The three girls, meet again graduation night, despite their recent vows not to.

They open the box and see the dreams they had longed for just a few years ago. Mimi, the now pregnant "trailer trash," had a dream to travel the world, and at the very least have her feet in the Pacific Ocean, a world away from the life she's known in their hometown of Georgia. The popular snob, Kit, played by Zoe Saldana, longed to meet the man of her dreams and get married. Lucy's dream was to meet her long estranged mother who deserted her when she only a toddler.

At Mimi's mention of a trip to California, the girls are outraged that she would want to travel across the country with "just some guy" she meet from "around."

Of course, these girls who haven't been on speaking terms in four years, could not let their "trailer trash" friend travel like that and vow to come along. Of course, they have reasons of their own for making this journey. Lucy, whose mother cur-

rently resides in Arizona, seizes the opportunity to pay the woman a visit.

Kit demands to come along, claiming her fiancé (currently attending UCLA) invited her to visit. In reality, her fiancé has been acting fishy and very reluctant to make wedding plans and Kit wants to check up on him. It seems as though with this one trip, all their dreams could come true.

And thus, the road trip begins, headed up by mysterious supposed ex-con Ben,



played by Anson Mount, who's eye immediately falls on Lucy. As one can imagine, the foursome begin to bicker about music selection and eventually give in to group singing -alongs (Ben partaking in only one). Most notable is N'sync's "Bye Bye Bye," a little too much, being that Britney's

real life love interest just so happens to be in this boy band. But product placement is a large factor in this film, whether it be the Pepsi cans on the dashboard of the Herbal Essences in the shower.

None-the-less, momentum builds and the story begins to develop. The only thing slowing down is the Ben's old convertible which has broken down and will cost a lot of money to repair, money they don't have. Fortunately, the group has broken down in New Orleans, which just so happens to have a karaoke Bar in which the audience pays in tips.

Of course, the bar also happens to have a live DJ to remix Joan Jett's "I Love Rock n' Roll" into a funky beat Lucy can dance to, with a strategically placed pole, no less.

Their rendition earns them enough money to repair the car, make the rest of the trip, and stay in fancy hotels along the way. It also gave the girls a chance to get to know each other once again. They begin to reform the bond of friendship they once had, and actually have some touching dialogue which would have really gone somewhere if it had been able to come to fruition.

From that point on, the plot seems to have lost the road map

and takes an unexpected turn, especially in the case of Mimi and Kit.

This one twist is really the only thing that catches the audience by surprise in this typically predictable film. Saldana, as Kit, actually comes off as true and is one of the few decent performances in the film. She has a couple of scenes that she really manages to pull off the emotion of her character.

Britney Spears debut is one that shows promise, perhaps not as a lead role, but a satisfactory supporting role. There is little doubt that we'll not be seeing more of Ms. Spears on the big screen.

While perhaps attempting to include too much of the teen-girl experience in one picture, the film sacrifices some well-earned momentum and dilutes its climax. It seemed reluctant to really tackle these issues and rather just glossed over their existence.

One can only hope that the next time Spears takes on a role, it's one with a bit more depth. Although predictable and mildly weak, it was a seemingly appropriate film to use as the vehicle for Britney's debut.

Her fans will not be disappointed, and hopefully, the rest of the audience will walk away thinking, "Well, it wasn't as bad as I thought it would be." And it really wasn't.

SHU's guys and girls Spring Fashion Preview

By Samantha E. DeVita
Contributing Writer

Spring not only brings new changes in weather, but clothing also. This spring is due to be one of best-dressed girls and guys, sporting classy fashion that is personalized and customized. Of course, tributes to the red white and blue are still swaying down the catwalk, but here are a couple of other ideas for this season. Here are just a few of the hot new looks that have been strutting down the runways around the world for Spring 2002.

Guys: Clean-Fresh-Sharp are the key words you want to remember this season. So clean up your act, pack away your big bulky sweaters and shape up!

This spring, the classy prep look is back with a vengeance, with a mix match theme between relaxed and high maintenance this spring. Think Nantucket meets the Upper East side, and girls will be eating out of the palm of your hand, because every girl appreciates a well dressed man. Short and

simply, look to Tommy Hilfiger and Nautica who combines classic New England hues with sharp lines. Stick to these and you will be all set.

The athletic man's look also under went a brushing up on this season. Logo tees are probably the most wanted items for guys this season.

Graphic tees are a must, especially those that are reminiscent of old baseball uniforms or new brightly colored jerseys. Running pants (think Adidas) are also another big trend this year.

OK guys...pants...lose the pants that are eight sizes too big. This season is all about showing off that body you worked for spring break for! Look for denim that is a bit lighter than your winter shades, running the line between vintage and dirty looking. Kenneth Cole, J. Crew, and Ralph Lauren are the fore-runners here this season for the hottest new look in pants. You want straight leg jeans and clean lines that are tailored to your body type, so if you are shorter.

If your aim is to make your upper body look bigger, listen up. Polo shirts, button down

oxfords, and especially lightweight v-neck sweaters and shirts that are a size smaller than you usually wear will increase your size and definitely get the girls.

(One little note, one size smaller does not mean a second layer of skin, just one size down from your favorite comfortable tee shirts size).

Girls are going to want to keep these key elements in mind when dressing this coming season: bright graphic prints, racy laces, sheer tones, ruffles and fringe.

The over-riding theme that is ever so popular right now. Romance is also one of the major themes this spring. Low cut Edwardian blouses, stilettos, lace-trimmed bustiers give the perfect balance between naughty and nice. Pieces from stores like Forever 21 that have lacy, ruffles, tiered feminine layers are what you should aim for.

The "preppy" style has also taken on a new spin where you need to incorporate one part prep and one part nautical, leaving you with two parts cute. Look for low-rise sailor pants and tight polo shirts from com-

panies like American Eagle Outfitters, GAP, and Ralph Lauren, who are sporting many contemporary preppy looks.

If that isn't your style, try a couple of these. The athletic look has also been updated with brighter colors, terry cloth jump suits (think J-Lo's new clothing line) and anything with numbers on it.

Spring calls for a bold and romantic flare in fashion, bringing back the classic lady and (not) the tramp look. So, leave the gel and hair products that hold hair down and lighten up when styling your hair.

Girls are going to want to achieve the gentle tousled look, with long cascading curls that are loose and rich in color.

No brassiness this spring, so tone down the blonde hues, and rev up the deeper shades with highlights that are a couple of shades lighter than your natural shade.

Also, a shade lighter will make your hair look fuller and healthier, which is the general theme for this year.

Makeup has also taken on a great change. The best look, lightens up during the day, and

goes all out for the evenings.

Daytime is all about soft colors, so stick to beige-washed tones, pinks, mauves, and sheer color on the lips, eyes, and cheeks.

No more "cake-face" so only reach for the foundation to cover blemishes. Clinique has an excellent line shimmery-sheer translucent powders and blushes in some of the hottest colors.

Also, look for Estee Lauder's "Extremely Spring 2002", MAC Spring makeup and Lancôme Paris's "Colour Collection 2002". All of these can be found at major department stores. Nighttime is reminiscent of Marilyn Monroe's amazing beauty and attention getting eyes.

Shimmery colors, eyeliner, and exotic eye shadow colors in purple, blue, and this season's baby: Green.

So, you should be all set to make Sacred Heart one of the best-dressed and looking campuses this spring.

One other huge trend to never forget: Be yourself and find what fits you best. Happy dressing!

Olympics

SALT LAKE CITY

WINTER OLYMPIC GAMES 2002

February 21

Alpine Skiing, Cross-Country Skiing, Curling, Figure Skating, Ice Hockey, Nordic Combined,

February 22






Alpine Skiing, Bobsleigh, Curling, Ice Hockey, Nordic Combined, Speed Skating,

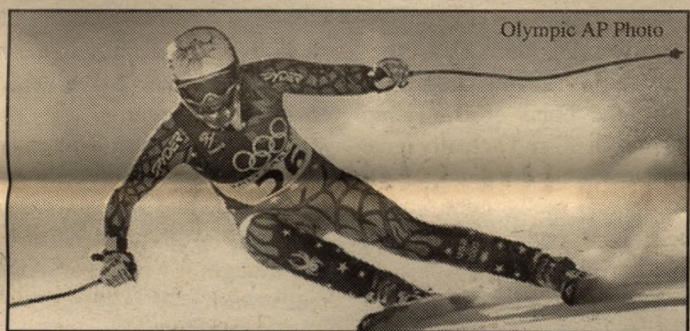
February 23

Alpine Skiing, Bobsleigh, Cross-Country Skiing, Ice Hockey, Speed Skating, Short Track Speed Skating,

February 24

Cross-Country Skiing, Ice Hockey

| Medal Standings | | | | |
|---|---|----|---|-----|
| | G | S | B | TOT |
|  USA | 5 | 8 | 7 | 20 |
|  AUT | 1 | 3 | 9 | 13 |
|  GER | 8 | 12 | 6 | 17 |
|  RUS | 5 | 5 | 3 | 13 |
|  NOR | 9 | 6 | 2 | 17 |



Picabo Street considered by many to be the greatest American female alpine skier

Olympic AP Photo

Unsung Hero

SHU's unsung hero

Rebecca Gelinas

By Melinda Blevins and Emily Zyko
Contributing writers

Fondly referred to as "Beck" by The Fredster, Becky Gelinas is truly a tremendous asset to the Sacred Heart Women's Ice Hockey team. Becky demonstrates confidence, intelligence and heart as a top defensive player. As seniors on the team we feel that Rebecca Gelinas deserves the title of Unsung Hero due to her demure and selfless character and all the contributions she offers to our program.

"Beck" skates up and down the ice with understood authority. It is never about how many points she gets but about getting the job done, and Becky does just that. Captain Angela Yuhas

believes "she works and plays above and beyond the average hockey player, doesn't look for any recognition, gives 100 percent and is always trying to give more."

Becky carries herself with class and integrity. She holds nothing back - she is not afraid to speak her mind when supporting her teammates even her criticisms are tactfully worded. When Head Coach Michael Barrett was asked what he thought of Becky he was quick with his reply, "She defines leadership by example, she does all the little things right, she is extremely dedicated and hard-working and she does it all with a smile on her face." When asked why she loves to play

hockey, Becky quickly replied, "because of you Emily." That's our Becky, always smiling always positive.

There is more to Becky though, as inconceivable as that may seem. She is an academic all star as well carrying the weight of over a 3.9 GPA on her shoulders. Even as seniors we look up to young Becky, a sophomore from South Windsor, CT. She is an inspiration to all and we want to thank her for a great season and recognize her as the Unsung Hero of the Women's Ice Hockey Team this year. Keep up the good work we are going to miss you "Beck". (This is "Blevs" and "Ems" signing off from the Milford Ice Pavilion!)

Look out CAA, here we come

Continued from pg11

They have seniors penciled in as starters at every position who are eager to attack their upcoming season within the (CAA). "If you play the best, you become the best," Senior Defenseman Jason Walsh (Northampton, MA) said when asked to comment. "Through

playing the greatest teams, you bring exposure to your university," He later added.

The biggest challenges for the LAX team will most likely be preseason top 10 picks Towson #4, Loyola #8 and Hofstra #10. The Pioneers have had teams on their schedule in the past of this caliber, just not in such abundance. SHU also

anticipates a trip to Florida where they will square off against Ivy League Yale University.

The Pioneers open up their 2002 campaign February 24th at Campus Field where they will square off against non-conference opponent Manhattan College at 1:00 pm. The event is free for SHU students.

Pioneers take to the mat

Wrestling Update

By Mike Di Pietro
Sports Writer

The Sacred Heart Wrestling Team took to the mat on Saturday February 2nd to face a very strong Harvard University at the William H Pitt Center. Harvard, who is currently ranked #1 in New England and 27th Nationally, proved to be a formidable opponent for the young but, talented Pioneers. The final team score was Sacred Heart 7 and the Crimson of Harvard 33.

The match itself began in true Sacred Heart style when Rob Belville (Chagrin Falls, OH) battled Robbie Griffin to a 7-7 tie in regulation. In the overtime period, Griffin got a late take down to end the match at 7-9. At 141 lbs., Sacred Heart's Tommy Howe (Danbury, CT) was out lasted by Joe Turilli 6-8.

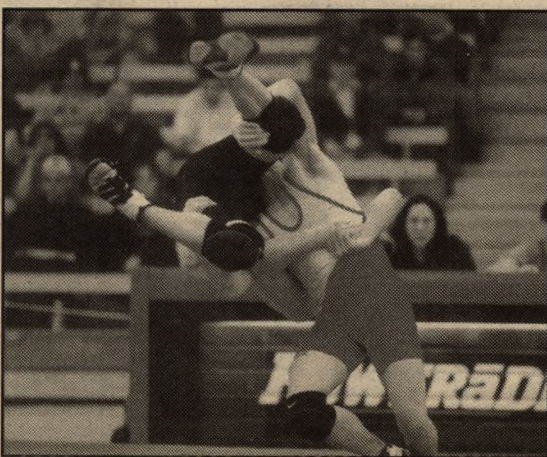
Sacred Heart posted just two winners on this day. Junior

Anthony Reynolds (Farmington, CT) won his match by a 10-3 margin over competitor Jonas Corl. Peter Krzyzewski (Kingston, MA) also pulled out a win for the Pioneers by major decision (11-3) over Brandon Kaufmann.

In other wrestling news, the newest Colonial Athletic Association rankings are out and the Sacred Heart Team did not receive the position they had anticipated. In spite of Rob Belville and Tommy Howe beating ranked wrestlers from

Drexel University, they still do not have a place in the top six. Jason Cucolo remains strong atop the CAA polls at 133 lbs. and Anthony Reynolds (197 lbs.) holds steady at the #2 slot. Freshman standout, Justin Iannello (Hauppauge, NY), also broke the rankings for the first time this season. Iannello is currently in the number six slot at 149 lbs and progressively improving. Having three wrestlers ranked in the CAA has positioned the Pioneers as the eighth team of the twelve-team conference.

The Pioneer squad will next take to the road to compete in Division I CAA Conference action against the Bearcats of Binghamton University.



Sports Schedule

Tonight

Women's Hoops
@ Quinnipiac
7 p.m.

Wrestling
vs. Ryder
University
6p.m.

Friday

Men's Ice
Hockey
@ Canisius
7:00 p.m.

Women's Hoops
vs. UMBC
2 p.m.

Men's Hoops
@ Mount St.
Mary's
7:30p.m.

Saturday

Men's Ice
Hockey
@ Mercyhurst
7p.m.

Monday

Men's Hoops
@ UMBC
7p.m.



Men's Basketball

Men keep post-season hopes alive with win over Terriers

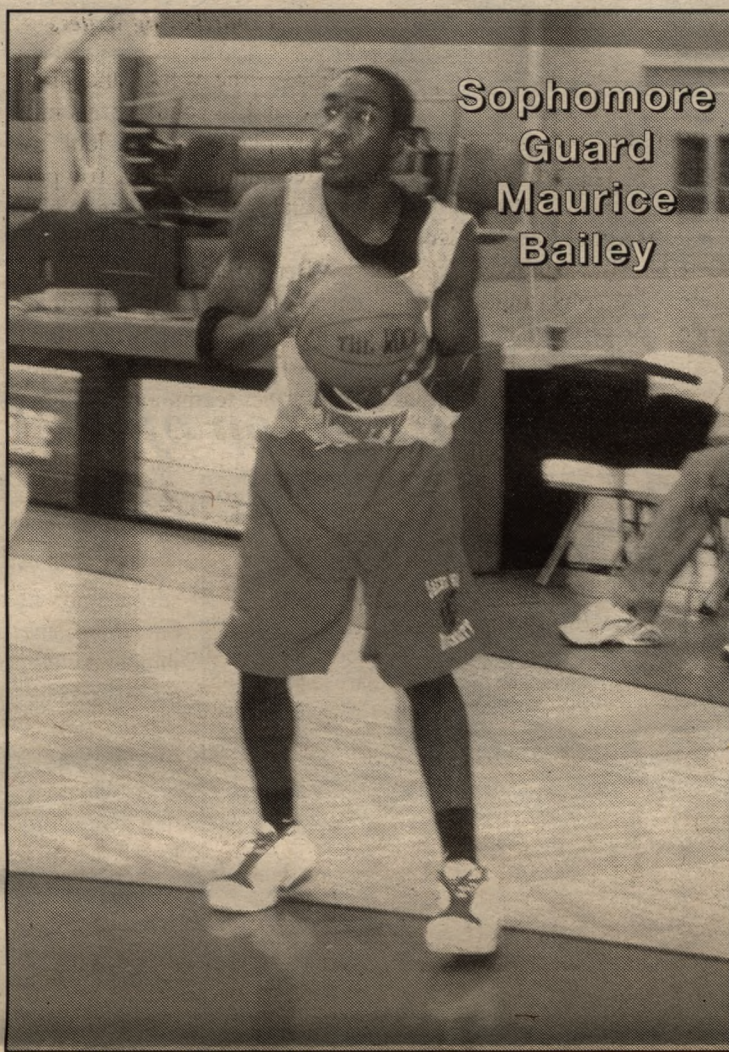
Pioneers in battle for eighth and final playoff spot.

By LaMar Kennedy
Sports Writer

Quinnipiac came into the Pitt Center and handed SHU a 104-87 loss, breaking the hearts of some five hundred spectators, in SHU's version of a St. Valentine's Day massacre. The Pioneers picked the wrong time to play their worst game of the season; or at least the worst first-half, scoring only 29 points while allowing the Braves to nearly double their output as they raced out to scored 47 first half points.

The Braves placed all five of their starters in double figures, led by freshman point guard Rob Monroe's (Lanham, MD) 25 points and nine assists, on 5-7 shooting. Monroe's ability to set his teammates up for easy baskets showed as only one of the Braves other four starters missed more than two shots, including Kason Mims (Astoria, NY) who went 10-11 from the field in rout to 23 points.

In what seems to have become a youth movement taking place on the Pioneer basketball team both freshman guard Tre' Samuels (Uniondale, NY) and fellow freshman center Kibwe Trim (San Juan, Trinidad) started their second consecutive game for the Pioneers. Samuels a two-time NorthEast Conference rookie of the week responded with a career high's in minutes played



with 37 and in points with 33. While Trim scored 14 and grabbed a game high eight rebounds in the loss. Sophomore guard Maurice Bailey was the only other Pioneer to score in double figures with 15 points, before fouling out.

On Saturday Feb. 16, in front of 750 people the Sacred Heart men's team won their

most important game of the season. The Pioneers beat the Terriers of St. Francis (NY) who is currently holds fourth place in the NorthEast Conference 94-86. The win kept the Pioneers hopes for a playoff bid alive. Statically both teams were dead even in every category.

See pg 12 "Pioneers"

Women's Basketball

Lady Pioneers look ahead to the playoffs

Continued from pg 12

On Saturday Feb. 16, the women beat the number one team in the NEC, The Red Flashes of St. Francis (PA,) and in the process became deadlocked in a first place tie with Long Island University, and St. Francis. LIU holds the tie-breaker with SHU, after having beaten the Pioneers twice on the year. This becomes important because if the three teams remain tied after the season is over SHU will receive the second seed in the Conference tournament, and could possibly have to travel to LIU should both teams reach the conference final.

When the Spectrum asked Coach Swanson prior to Monday nights game about the possibility of playing in the championship and earning a trip to the NCAA he said: "We would rather not look at the big picture, instead we have to keep improving against each team we play." But the possibility of a NCAA birth has crossed the mind of leading scorer Brooke Kelly who said, "we know that we are in the tournament already now we just have to go 3-0." "But we have to take it one game at a time," Kelly added.

Men's Lax Prepared for challenge

By Kyle St. George
Sports Writer

Despite having joined what is arguably the most competitive conference in the NCAA, the SHU men's Lacrosse team is adamantly optimistic about their upcoming season. Deciding to terminate their connection with the Metro-Atlantic Athletic Conference (MAAC) during the off season, Sacred Heart has joined the newly-formed Colonial Athletic Association (CAA) which boasts several of the nations top Lacrosse programs including division one power houses Towson, Loyola, Hofstra and Delaware.

With five opponents ranked in the pre-season NCAA division one national poll, the Pioneers' fourteen game schedule is without a doubt the toughest in the program's history. The Pioneer's who finished their 2001 campaign ranked nationally in five different categories (6th-Scoring offense, 6th-Face off winning percentage, 22nd-Man up offense, 20th-Scoring margin, 24th-Winning percentage) look to make their presence known among the Lacrosse elite this year.

Head Coach Tom Mariano (Ossining, NY) hopes to improve on his team's tournament qualifying effort in

the MAAC during the 2001 season. "The new conference will help to bring our team into the national spotlight, as well as afford us the opportunity to play high level teams which are usually very difficult to schedule," Mariano stated about their upcoming season as the newest member of the (CAA).

Leading the Pioneers charge into the (CAA) this year will be senior captains T.J. Hutmacher (Pearl River, NY), Mike Levchenko (Bethpage, NY), Mike DePietro (Seaford, NY) and Mike Robel (Clark, NJ). Also expected to play pivotal roles are Junior Stephen Grabow (Commack, NY) the teams leading scorer last season, Junior Daniel DeVoe (East Rockaway, NY) and Sophomore James Delmonico (West Islip, NY).

The Pioneers' new Defensive Coordinator and Goalies coach Robb Chambers who was a four year starter at Providence College has done an excellent job solidifying the Pioneers' defense during the off-season. Chambers who was Providence's all time saves leader has also been a tremendous asset while working one on one with SHU's goalies.

After several years of building as a team predominantly led by underclassmen, the Pioneers finally have upperclassman taking essential leadership roles.

Seepg10 "Look out"



**Sacred Heart
University Night
Saturday, March 23rd at 7:05 PM**

WHO: THE BRIDGEPORT SOUND TIGERS, the New York Islanders top affiliate, are members of the 27 team American Hockey League. Each of the Sound Tigers 40 regular season home games is an event featuring tomorrow's NHL stars in a fun, interactive atmosphere at the new, state-of-the-art Arena at Harbor Yard.

WHAT: Specially discounted tickets (\$13.50) to Sacred Heart University students, faculty, staff their families and friends. Post-game autograph and photo session with Storm (the Sound Tigers Mascot) and a Sound Tigers player, fan interaction, and between-period promotions and contests make every Sound Tigers game a fun and memorable event.

WHEN: SATURDAY, MARCH 23rd vs. Portland
— Doors open at 6:05 PM — Game starts at 7:05 PM

WHERE: ARENA AT HARBOR YARD, located in Bridgeport off both I-95 (exit 27) and the Route 8/25 Connector (exit 3).

Sponsored by Park Ridge
Hall Council

Please have your order in by
Tuesday, March 19th 2002

**To order tickets contact Gina Cuccurullo
at (203) 365-4430 for details.**



Sports



Pioneers hope for a playoff bid

Continued from pg11

but it was the reinserion of sophomore guard Maurice Bailey (Hempstead, NY) into the starting lineup that tipped the scale for the Pioneers.

"Good teams takes turns doing well," Coach Bike said. On Saturday it was Bailey's do well, as the walk on transfer from Rider played a season high 38 minutes and scored a career high 32 points on 11-15 shooting. Coach Dave Bike was pleased with the effort that came from the teams leading scorer saying: "Maurice responded well for us, we hope he just keeps knocking down shots."

While freshman center Kibwe Trim continues to grow more comfortable in his starting center position, as he scored 15 points and grabbed a team high 10 rebounds. Coach Bike is happy with the progress displayed by his seventeen year-old freshman saying "it can be tough playing against some of the men that we play against in this league but he is getting stronger and we hope he continues to play well."

Sophomore forward Justin James (Tampa, FL) made a rare appearance in the game and actually logged sixteen quality minutes, scoring 14 points and grabbing two rebounds to go along with one steal. Tre' Samuels rounded out the double figure scorers with ten points in thirty-six minutes of action.

Note Book:

With three games left the math becomes simple win two and they are in the NEC playoffs without any worries. If the men loose two out of three then they will need some help from Central CT. and Quinnipiac. With St. Francis (PA) breathing down their' necks the Pioneers would need the Blue Devils and the Braves to beat the Red Flashes in order to get in.

Senior forward Andrew Hunter needed just one point in last nights game to go over 1,000 for his career. Andrew along with fellow senior forward Tim Welch were honored during senior night, last night in their last home game in a Pioneer uniform

"But we have to take it one game at a time," Kelly added.



Pioneers in three way tie for first place as Newhard goes over 1,000 for career



Wins over St. Francis (PA), Robert Morris propel Pioneers to three-way tie at top of NEC standings.

By LaMar Kennedy



Brooke Kelly

It's noon, and game time was still over seven hours away, the lights in the gym were off, but there she was shooting around. Baseline jumper, swish, from the top of the key, swish, four more jumpers, same outcome, swish! But what else should you expect from one of the NorthEast Conferences leading candidates for player of the year, who is also the leading scorer on the number one team in the conference. Junior forward Brook Kelly (Medford, NJ) is the glue that holds everything together, all though she will tell you otherwise.

Practice makes perfect as the old saying goes, and although she was not perfect from the field on shooting 6-12, she did score a team high 18 points and grabbed a team high 11 rebounds, in a 92-71 win Monday night against Robert Morris University. But this night belong to senior forward Leslie Newhard (Northampton, PA) who on Monday became only the eighth women's basketball player in Sacred Heart's history to score more than 1,000 points for their career. She becomes the first to accomplish this feat exclusively on the Division I level.

Head Coach Ed Swanson calls Newhard "one of the corner stones that we have built our program around, she is one or our toughest players." And her teammates certainly agree, "She is the teams biggest warrior," Brook Kelly said, "she makes everyone else tougher, she'll do anything to win." On her career night Newhard scored 15 points and grabbed five rebounds. Leslie will be honored again in what could be the women's last home game of the season on Saturday, during senior night she is the only senior on the team; Tip time is scheduled for 2 p.m.

See page 11 Lady Pioneers

Hockey earns three points to stay in hunt for MAAC home playoff berth with a tie and win over Iona.



Sacred Heart University's 2001-2002 Standings As of 2/17/02

MAAC

| W-L-T | Pts. | GF-GA |
|--------|------|-------|
| 19-0-3 | 41 | 91-38 |

Overall

| W-T-L | GF-Ga | Home | Away |
|--------|--------|--------|-------|
| 20-7-3 | 107-72 | 10-1-1 | 9-5-2 |